

SELF-AWARENESS SELF-DISCLOSURE WORKSHEET

Sample Patterns

I am not good enough	I must be strong	Don't get too happy
I don't matter	I must be peaceful	Don't get too comfortable
I can't trust others	I must be competent	Don't trust myself
I can't trust myself	I must avoid pain	Don't depend on anyone for anything
My happiness comes from pleasing others	Life isn't fair	Don't be vulnerable
I am responsible for other's happiness	I can't get enough X	Don't trust anyone
I must not have needs	Or... There's not enough X for me	Don't assert myself
I am unloveable	It's not ok to make mistakes	Be perfect
I am insignificant	It's not ok to have needs	Success equals worth
I am not safe	It's not ok to have bad feelings	Success equals (love/respect, etc)
I need support from people I trust in order to be safe	I must be right	Knowledge earns (love/respect, etc)
I am bad	I am always right	
I must be special	I must be successful	